

10-2000

[Price Laboratory School] Newsletter, v11n2, October 2000

University of Northern Iowa. Malcolm Price Laboratory School

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Price Laboratory School Mission —

The Code of Iowa states a laboratory school shall mean a school operated by an education institution for the purposes of instructing students, training teachers and advancing teaching methods."

Price Laboratory School fulfills this mission by:

- providing an excellent and innovative education for the Price Laboratory School children it serves from early childhood through grade twelve
- serving as an integral component of the teacher education program of the University of Northern Iowa
- engaging in scholarly work and service directed at advancing teaching practices, resources, and methods of teachers at state, national, and international levels

Facts About PLS....

PLS has been in existence since 1883 when it was first established as a model school by James C. Gilchrist (first principal of the Iowa State Normal School). Price Laboratory School is the only laboratory school in Iowa; however, PLS is one of approximately a hundred laboratory schools in the U.S., and 43 laboratory school/university partnerships internationally. PLS is one of fifteen Lab Schools in the country with a comprehensive K-12 program.



Price Laboratory School
University of Northern Iowa
PLS
Iowa's Laboratory School



October Newsletter

Price Laboratory School • University of Northern Iowa • October 2000, Vol. XI, No. 2

NCA Evaluation Addressing School Climate

Dear Parents and Supporters,

During the past school year, the Laboratory School entered the "external evaluation phase" for our North Central Accreditation (NCA). The vast majority of schools in Iowa, and throughout the Midwest, are accredited by NCA. The process involves the school working on a seven-year cycle, first looking at itself; then, inviting a team of educators from outside to look at what we have discovered. We elected to look at three aspects of our total program: mathematics, language arts and school climate.

It was the recommendation of the evaluation team that we begin by addressing the issues of school climate. The reasoning was that we could not adequately address academic issues until we looked at the climate created by how we treat each other. A steering committee has been formed within the school and data has been gathered from parents, students and teachers. Our initial findings are interesting, but not especially surprising.

First, we attempted to capture in a series of statements, our "beliefs," regarding our school and what we stand for. These Belief Statements included, "Involvement of students, parents/guardians, faculty, staff and administration in setting expectations is essential for common understanding and cooperation." Second, based on these Belief Statements, we asked students, parents/guardians, faculty, staff and administration to identify "Guidelines for Success" for helping our school mirror these beliefs.

Although there was a wide range of input from the groups surveyed, there was total agreement on three key points. Our school should be about learning, respect and honesty. Parents, students, faculty, staff and administration all ranked these three traits among the most important ingredients in our Guidelines for Success. The next step is to list behaviors under each of these guidelines. What does "respect" look like in an elementary student? Is it different in middle and high school? The elementary faculty has said that respect means you: take care of yourself, accept differences in others, listen effectively to others, follow directions, share and show concerns in a helpful way, accept decisions of those in authority in a calm manner, and value all property.

The next phase will involve inviting parents and students to join the faculty, staff and administration in determining how we will define our school to assure that we can meet these expectations. If you feel you would like to be part of this process, please call me at 273-6171 or e-mail at wendell.mcconnaha@uni.edu. This is a collaborative effort that will require commitment by all parts of our school community.

— Wendell McConnaha, Director

DEPT *News* Announcements

From Principal John Krumbholz

Academic Letters

As recognition for a job well done, academic letters will now be given to high school students who have achieved honor roll status (grade point average of 3.5 or above) for two consecutive semesters. This recognition is an effort to recognize academic excellence like we recognize athletic and activity participation. Accompanying the letter will be an Academic Award pin that can be attached directly to the letter. Ongoing academic success will result in additional pins over the course of the student's career with a pin being awarded for each two consecutive semesters a student qualifies for honor roll. These awards will be given retroactively for the 1999-2000 school year and every semester thereafter. If a student already has been awarded a letter from NU High, they will be given the appropriate pins to recognize their academic achievements.

Traffic Situation

Our traffic situation continues to improve, which is in no small part, due to the help of some of our parent volunteers. As much as I would like to be out there personally every night, my schedule and events that occur at 3:00 p.m. at school prevent me from being there. I want to formally thank Bill Joslin, Sandy Sutton, Brenda Kirkpatrick, Nancy Cox, and Jonetta Harrington for all they have done and continue to do to make this a safer environment for all our children. Thank you for a job well done! For this year, we could still use approximately 10 volunteers to work on a rotating schedule. Responsibilities include helping the traffic flow by placing cones in the area where buses and vans park (needs to be done by 2:30 p.m.), and watching over our situation so we can eliminate problems that arise. Call John Krumbholz at 273-2064 if you can help.

Lunch Account Balances

Just a reminder that you need to keep a positive balance in your child's lunch account. Third through fifth graders can purchase additional milk, sides, and entrees, and secondary students can purchase ala carte items. Money can disappear in a hurry! If you ever want to see what your child is eating, we can print a day by day activity statement for each student that shows exactly what a student purchased on any given day. Or, if you want to restrict what your child purchases as extra food, we can do that as well. Contact Joan Day at 273-2185 for more details.

NU Senior Lewis Colburn Awarded National Merit Scholarship

We received word that Lewis Colburn, a senior at NU High, has been named as a Commended Scholar in the 2001 National Merit Scholarship Program. This commendation places Lewis among the top five percent of over 1,000,000 high school seniors who entered the 2001 Merit Program. A Letter of Commendation from the school and the National Merit Scholarship program will be presented to this scholastically talented senior at our Senior's Awards assembly. Congratulations to Lewis and his family on this well deserved recognition.

Lunch Program Sub Needed

Occasionally we have a need for a substitute to help with our hot lunch program when one of our cooks is ill. This is a paid position and would involve a commitment of three to four hours on those selected days. If you are interested, please contact John Krumbholz at 273-2064.

Notes from the Middle School Coordinator

✓ October is the "Month of the Young Adolescent." The National Middle School Association has identified four objectives for this initiative: 1) the importance of parents being knowledgeable about young adolescents and being actively involved in their lives; 2) the understanding that healthy bodies plus healthy minds equal healthy young adolescents; 3) the realization that the education young adolescents experience during this formative period of life, will in large measure, determine the future for all citizens; and 4) a knowledge that every young adolescent should have the opportunity to pursue his or her dreams and aspirations, and post-secondary education should be a possibility for all.

✓ Middle School students will be taking Iowa Tests of Basic Skills during the last week of October or the first week of November. More specific dates will be coming from the grade level teams. During this testing period homework will be kept to a minimum as we want students to have plenty of rest and come prepared to do their best work. We also encourage the students to eat a good breakfast. Home room parents will be making arrangements to provide "healthy snack" breaks during the tests.

— Nadene Davidson, Family
Consumer Science

THE 2000 NUHS Homecoming Court



(first row l-r): Aurélie Lafaurie, Sara Weichers, Amaia Astigarraga, Lacey Brakebill, Eurydice Magneron (second row l-r): Janelle Doddema, Amanda Brasch, Bethany Richter

"We do not have Homecoming in France, but I like the idea of Homecoming. It gives students the opportunity to be a part of this school which is a real community."

-Aurélie Lafaurie,
French Exchange Student

HOMEcoming 2000



(first row l-r): Luis Ramos, Dan-yul Yung, Evgenii Shatailo (second row l-r): Tomy Rodriguez, Ben Wittmayer (third row l-r): Jake Struck, Willie Charles Johnson, Drew Sawyer

We continued the tradition this year with the introduction of the 2000 Homecoming Court at the Kick-Off Assembly on Monday morning in the Butzier Auditorium. This year's celebration included six international students participating as Honorary Kings and Queens. Every student was escorted by a faculty or staff member as their achievements and honors were read to the audience. Many thanks to the numerous people who helped make Homecoming 2000 a success: Eric Batterson, Jenna Davis, Lynn Dykstra, Becky Hawbaker, John Krumbholz, Wendell McConnaha, Sharlene Morgan, Brian Perry, Taylor Phipps, Glenda Salyer, Bev Schomaker, Linda Sharp, Steve Shelton, Aaron Spurr, Lindsay Smith, Sue Watkins, NU Boosters, Crystal Copeland and the NU Cheerleaders, faculty and staff escorts.

-Jim Stichter, Student Council Advisor

October 2000

Malcolm Price Laboratory School Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 4:30p MSVB @ Dunkerton 6:00p FSFB @ Gladbrook 8:00p NU Singers Reh	3 4:00p MSVB vs Gladbrook-Reinbeck 4:30p CC @ Dike 5:00p GSW vs East Waterloo 6:00p VB @ Jesup	4 12:30p -3:00 ITED's UNI Union	5 7:00a Jazz Band Reh 8:00a -11:45 ITED's UNI Union 4:15p MSFB vs DNH 6:00p VB @ Parkersburg 8:00p Chamb Orch Reh	6 <i>Inservice Day - No NK-12 Classes</i> 7:30p FB @ Sumner	7 9:00a MSVB 8th Gr @ New Hartford 9:00a VB NU F/S Tour
8	9 COLUMBUS DAY 6:00p GSW @ Williamsburg 8:00p NU Singers Reh	10 <i>Magazine Sales Assembly 8:30 and 9:15AM 11:30a -1:30 Mock Election Foyer by Aud 4:00p MSVB @ Grundy Center 4:30p CC NU Inv 6:00p VB vs Gladbrook-Reinbeck</i>	11	12 7:00a Jazz Band Reh 3:15p Professional Dev Mtg in ICN Room 4:15p MSFB @ Eldora 5:00p GSW @ Charles City 6:00p VB @ Denver 8:00p Chamb Orch Reh	13 7:30p FB vs Aplinton-Parkersburg	14 9:30a CC NICL @Reinbeck 9:30a CC NICL @ Reinbeck
15	16 6:00p FSFB @ Grundy Center 8:00p NU Singers Reh	17 8:00a -11:30 PSAT's in Library 6:00p GSW vs Cedar Falls 7:00p VB Districts vs E. Buchanan @ NU	18 <i>11:58a Early Dismissal</i> 7:00p VB Districts @ NU	19 CC Districts TBA 7:00p Booster Club Meeting <i>7:30p MS/HS Band Concert</i> 8:00p Chamb Orch Reh	20 7:30p FB @ Jackson Junction	21 All-State Auditions @ Oelwein HS 10:00a GSW North Central Swim Club @ NU
22	23 VB Districts TBA 8:00p NU Singers Reh	24 7:30p MS/HS Choir Concert in Aud	25 VB Regionals TBA 3:30p COE Convocation	26 7:00a Jazz Band Reh 3:15p Professional Dev Mtg in ICN Room 8:00p Chamb Orch Reh	27 End of First Quarter 7:30p FB vs Lake Mills (We play 2nd game - 8:30??)	28 CC State @ Fort Dodge GSW Districts TBA
29 DAYLIGHT SAVINGS TIME ENDS	30 VB Regionals TBA 8:00p NU Singers Reh	31 HALLOWEEN 7:00p BB Coaches Meeting in AUD				



Wellness & You!

Price Laboratory & NU High School District

SNEAKER SAVVY

KNOW WHAT YOU NEED

When shopping for athletic shoes, the most important step is deciding what sport you will be using them for. Most sporting goods stores carry a variety of shoes for activities such as running, walking, tennis, basketball and aerobics. Multi-purpose shoes such as cross-trainers may be a good alternative for those who want to combine several sports or activities such as bicycling and weight training, in a single workout.

GUIDELINES FOR BUYING SHOES

When purchasing shoes for a specific sport or fitness activity, you must consider your foot type. People with high-arched feet tend to require greater shock absorption than those with average feet. High-arched feet also suffer from lateral instability and are more prone to ankle sprains. Conversely, people with low-arched (flat) feet require shoes with less cushioning but greater support and heel control.

After considering the type of shoe needed for a particular activity and evaluating your needs based on your foot type, use the following information to ensure you get the best fit:

Choose an athletic shoe store or specialty store with a large inventory. They will have a variety of sizes available.

Try to get fitted for footwear at the end of the day, when foot size is at its maximum. It is not unusual for an individual's foot to increase one-half size during the course of a single day.

Allow $\frac{1}{2}$ inch, or the width of your index finger, between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size. The shoe should be as wide as possible across the forefoot without allowing slippage in the heel. If the shoe has variable-width lacing, experiment with the narrow and wide eyelets to achieve a custom fit.

Athletic shoes no longer require a breaking-in period. However, they will lose their cushioning after three to six months of regular use. It is important to be aware of when your shoes need to be replaced because, if they are no longer absorbing the pounding and jarring action of the sport, you are more likely to sustain knee and ankle injuries.

Source: American Council on Exercise


Sodexo Marriott
SERVICES

O
C
T
O
B
E
R
2000

WEDNESDAY

Hard Shell Tacos 4
w/Lettuce & Tomato or
Hot Ham & Cheese
Corn
Veggie Cakes
Applesauce, Plums
Peanut Butter Brownie
Spanish Rice
Fish Sandwich (V)
Steak & Cheese Sandwich

**Chicken Patty or
Hot Ham & Cheese 11**
Cold Veggies/Dip
Mixed Vegetables
Fresh Pears
Mixed Fruit
Sugar Gem Cookie
Crackers
Sausage Pizza
Chef Salad (V)

**Chicken Nuggets or
Hot Ham & Cheese 18**
Mashed Potatoes & Gravy
Mixed Vegetables
White Bread/Margarine
Pineapple
Apricots
Oatmeal Cookie
Garden Burger (V)
Bacon Cheeseburger

Soft Shell Tacos 25
w/Lettuce & Tomato Cup
or Hot Ham & Cheese
Corn
Baked Fries
Apple Juice
Seasonal Fruit
Butterscotch Bar
Crackers
Cheese Pizza (V)
Ham Wrap

THURSDAY

**Meat Lasagna or
American Sub 5**
Lettuce Salad
Cole Slaw
Peaches, Power Jello
Crackers
Garlic Bread
Chicken Patty
Hamburger Bar
Cheese Sub (V)

Soft Shell Chicken Taco 12
w/Lettuce & Tomato Cup
or Italian Sub
Spanish Rice
Wheat Bread/Margarine
Cooked Carrots
Canned Pears
Seasonal Fruit, Rice Krispie
Roast Beef Sub
Taco Bar (V)

Waffles & Sausage or 19
American Sub
Orange Juice
Potato Coins
Grapes
Graham Crackers
Green Beans
Pudding
Pizza Supreme
Pasta Bar (V)

Cheese Nachos (V) or 26
Italian Sub
Veggies & Dip
Rice
Lettuce Salad
Roll & Margarine
Seasonal Fruit
Canned Pears
BBQ Rib Sandwich
Salad Bar (V)

FRIDAY

Macaroni & Cheese (V) 6
or Hot Dog
Broccoli Cauliflower Salad
Baby Carrots
Apple Wedges
Oven Fries
Chocolate Chip Cookies
Bread Stick
Tortilla Wrap
Taco Pizza

**Pepperoni Pizza or
Hot Dog 13**
Green Beans
Tater Tots
Bread Stick
Grapes
Apple Juice
Birthday Cake
Fish Sandwich (V)
Taco Wrap

**Italian Dunkers (V)
or Hot Dog on Bun 20**
Crackers
Carrot Sticks & Dip
Bread & Margarine
Peas
Pears
Fruit Crisp
Chicken Fajita
Cheeseburger

Beef & Cheese Burrito 27
or Hot Dog
Orange Smiles
Grape Juice
Chocolate Cookie
Green Beans & Corn
Peaches
Graham Crackers
Tuna Salad & Crackers (V)
French Bread Pizza

Target Nutrients For Lunch Elementary Students

Calories: 644
Iron: 3.3 mg
Calcium: 267 mg
Vitamin A: 211 mg
Vitamin C: 15 mg
Protein: 9 mg
Total Fat: <30%
Sat. Fat: <10%



Target Nutrients For Lunch Secondary Students

Calories: 846
Iron: 4.5 mg
Calcium: 400 mg
Vitamin A: 300 mg
Vitamin C: 19 mg
Protein: 16 mg
Total Fat: <30%
Sat. Fat: <10%



OCTOBER

2000



PRICE LABORATORY LUNCH MENU

NATIONAL SCHOOL LUNCH WEEK



MONDAY

Com Dog on Bun or Hamburger **2**
Tater Tots
Broccoli/Cheese Sauce
1/2 Banana, Pineapple
Wheat Bread
Chocolate Cookie
Pepperoni Pizza
Cheese Nachos (V)

Cheeseburger or Hamburger **9**
Peas
Baked Beans
Applesauce
Orange Wedges
Bear Grahams
White Bread
Polish Sausage
Egg Salad in Pita (V)

Sloppy Joe or Hamburger **16**
Potato Wedges
Corn
Peaches, Grape Juice
Muffin
Peanut Butter Cookie
Chef Salad
Grilled Cheese & Tomato Soup (V)

Pancake on a Stick or Hamburger **23**
Tater Tots
Fresh Broccoli & Dip
Applesauce
Peas
Wheat Bread/Margarine
Cherry Pie
Ham & Cheese Sub
Vegetarian Pizza (V)

Chili Cheese Dog or Hamburger **30**
Fruit Cocktail
Grapes
Peas
Carrot Sticks & Dip
Crackers
Chocolate Chip Cookie
Taco Salad (V)
Turkey Wrap

TUESDAY

French Toast/Turkey **3**
Ham or PB & Jelly Sandwich (V)
Green Beans
Tri Tater
Orange Juice, Mixed Fruit
Bagelette
Cinnamon Roll
Cheeseburger
Salami & Cheese Sub

Turkey & Gravy on **10**
Mashed Potatoes or PB & Jelly Sandwich (V)
Mashed Potatoes/Gravy
Roll & Margarine
Apricots, Cauliflower
White Bread/Margarine
Power Jello
Hot Hoagie
Meat Ravioli

Spaghetti & Garlic Bread **17**
or PB & Jelly Sandwich (V)
Tossed Salad
Roll & Margarine
Carrot Coins
1/2 Banana
Canned Pears
Ice Cream
Turkey & Cheese Sub
Pepperoni Pizza

BBQ Pork Sandwich or **24**
PB & Jelly Sandwich (V)
Green Beans
Power Jello
Pasta Salad
Bread Stick
Quick Baked Potato
Apricots
Chili Fritos
Chicken Patty

Scary Eggs **31**
Oeygoeywich (V)
Blackbird Nuggets
Slime Slices
Ghost Pillows
Witches Brew
Broom Sticks
Goblin Bread
Brain Food
Frankensteinburgers

TOP 5 SCHOOL MENU FAVORITES

- Pizza
- Chicken Nuggets
- Nachos
- Tacos
- Hot Dogs

**OCTOBER
9-13
is
NATIONAL
SCHOOL
LUNCH
WEEK.**



Children who eat meals served in school cafeterias are likely to benefit from better nutrition than those who bring lunches from home according to new research supported by the School Food Service Foundation and the Con Agra Foundation. The study was conducted in Michigan and recorded the contents and amounts eaten for 570 lunches of 2nd, 3rd, and 4th graders in two Michigan school districts.

Although calories were comparable between school lunches and lunches brought from home, the study found that the cafeteria meals provided significantly fewer calories from fat (29% vs. 33%) and more protein, fiber, vitamins, and iron. The home prepared lunches were higher in carbohydrates, fat, sugar, and Vitamin C. Shirley Watkins, the USDA Undersecretary for Food, Nutrition and Consumer Services, acknowledges that "research has shown that children who participate in the school lunch program are consuming more nutrients than children who bring a bag lunch. Parents may find that they are not really following the food pyramid when packing a lunch for their child. They are packing foods that they know their child wants to eat." Watkins encourages parents and their children to make joint decisions about what the best choice is for the child.

This month, our special is a **HALLOWEEN MENU**. **SCARY EGGS** are Eggs and Ham, **BLACKBIRD NUGGETS** are Tri Taters, **SLIME SLICES** are Cucumber Slices, **GHOST PILLOWS** are Pears, **WITCHES BREW** is Orange Juice, **BROOM STICKS** are Bread Sticks, **GOBLIN BREAD** is Coffee Cake, **BRAIN FOOD** is Pepperoni Pizza, **FRANKENSTEINBURGERS** are Cheeseburgers.

Sixth Grade Fall Parent Meeting - September 14



Sixth grade student Sid Mitra (right) working together on activities with his parents and UNI Math Partner during the Fall Parent meeting on September 14.

The Sixth Grade Fall Parent meeting took place on September 14 at 6:00 p.m. The sixth grade teachers each introduced themselves and briefly described their programs during the first hour. Parents were made aware that many NU middle school faculty are in contact with the sixth grade students each day.

At 7:00 p.m., the parent meeting turned into a math meeting, when the sixth grade UNI Math partners joined the meeting. The math curriculum was briefly discussed and a video was shown that described the changes that have occurred in math education since the NCTM Standards were introduced.

At 7:30 p.m., the sixth graders introduced their UNI Math partner to their parents. This is a program in which each sixth grade student is paired with a UNI math methods student from one of Dr. Glenn Nelson's math methods classes. The UNI partners meet with the sixth graders one day each week during the semester. In addition to introductions, the sixth grader and their math partner had prepared a math game or activity to do with their parents.

— Vicki Oleson, Sixth Grade

Auction Items on Display!

Please take the time to come into the building beginning Monday, October 23, and take a look in the display cases. Many of the actual auction items will be on display until Thursday, November 2. Items that are too large to display will be photographed so that you can view them as well. A tentative listing of ALL auction items will also be displayed. The display cases that will be used are:

1. South side of the front lobby.
2. Across from the teachers' lounge.
3. Hallway across from the secondary music rooms.

If you cannot stop by the building, stop by the PLS web site and view a listing of the auction items there! The web site can be found at www.pls.uni.edu

Look for the invitation and RSVP to the auction on bright orange paper in this newsletter. Fill it out and send it in! You will not want to miss the fun that we have planned for you on Friday, November 3!

The Auction Committee: Julie Creeden, Wendell McConnaha,
Michelle Swanson, Jo Walters

Office Cell Phone

Parents are reminded that if the PLS phone system is down, they may call the office cell phone at 240-8351.

Music Events



Band Concert

The band program, grades 7 through 12, will present their first concert of the year in Butzier Auditorium, beginning at 7:30 p.m. on Thursday, October 19. — *Leonard Upham, Music Department Chair*

Fall Concert

Vocal Music students in Grades 6-12 will present a Fall Concert on Tuesday, October 24 at 7:30 p.m. in Butzier Auditorium. 6th Grade Chorus, 7-8th Chorus, NUHS Concert Choir, and NU Singers, as well as an All-State Ensemble will perform. Attire for the concert is concert black for the high school and dress clothes (no jeans or tennis shoes, and skirts or dresses for the girls) for grades 6-8. There is no admission charge.

All-State Auditions

11 NUHS vocal music students will be auditioning for the Iowa All-State Chorus on Saturday, October 21 at Oelwein. Students audition in groups of 2-4 students and will sing portions of the All-State music a cappella (without accompaniment) for the audition. Students auditioning from NU are: Sopranos Emily Callahan, Jenna Davis, Jennifer Grabowski; Altos Lacey Brakebill, Aubrey Huber, Katy Lyman; Tenors Ian Cawley and Carlin Dorris, and Baritones Ben Oleson, John Paar, and Steve Shelton. Katy and Steve were selected to be part of the demonstration quartet at the recent area All-State rehearsal conducted by Everett Johnson, executive director of the Iowa High School Music Association.

Messiah Sing-a-long Rehearsal

Rehearsals for the Messiah Sing-a-long to be held at NU on Sunday, December 10 will begin Sundays from 5-6:30 beginning October 8. If you have pre-registered you will be receiving a mailing from directors Linda Sharp and Dominique Cawley. If you still wish to participate, call 273-6236 with name, address, and voice part or instrument, and indicate if you need a score. — *Linda Sharp, Music*

Guidance Announcements ...

ACT Prep Seminars:

ACT Prep Seminars will be held in October on the dates below*.

Tuesday, October 3, 7:30-9:30, ICN Room

Reading and Test Taking Strategies: Don Schmits, UNI

Monday, October 9, 6:00-8:00, ICN Room

Math Strategies: Suzanne Buckwalter, PLS Instructor

Monday, October 16, 6:00-8:00, ICN Room

English Strategies: J.D. Cryer, PLS Instructor

Tuesday, October 24, 6:00-8:00, ICN Room

Science Strategies: Karen Couch, PLS Instructor

Guidance cont'd....

Pre-registration is required. A workshop fee of \$15.00 is required and non-refundable. The fee covers the cost of materials used in the seminar. Comparable materials are \$35.00 at local bookstores.

Students can sign up in the Guidance Office. The deadline to do so is October 2. This fee must be paid at that time. Please make checks payable to Price Laboratory School.

If you have questions about these seminars, or if money is a concern, contact Mr. Stichter (273-2232) ASAP.

*These four seminar dates will coincide with the ACT Testing date of October 28. The deadline for registering to test on this date is September 22 (late registration is October 6).

SCHOLARSHIPS AVAILABLE:

Coca Cola Scholarship

Due: October 31

Army ROTC

Due: November 15

There are also scholarships available through various colleges. If you are planning on attending a certain college and want to know if they have available scholarships, come to check with us in guidance.

TESTING:

The ITED's (Iowa Tests of Educational Development) tests will be given to the 9th and 11th grade students on Tuesday, October 4 and Wednesday, October 5. Times and place TBA.

PSAT's for all juniors will be given on October 17 in the PLS library.

— *Jim Stichter, Guidance*

Price Lab School Parking Recommendations



As was stated in a summer communication, the University of Northern Iowa has been moving towards providing our parents with some proprietary short term parking areas adjacent to the Lab School. Parents needing to either conduct business at the Lab School or pick up or drop off their children will finally have the opportunity to use one of the sixteen short-term parking spaces located in the south lot (by the playground). These parking slots are restricted to 30 minutes and this area will be patrolled so that unauthorized cars parked there will be ticketed.

Following is the procedure we ask that you use to insure that you do not receive a ticket.

- Apply at the school office for a parking pass. This pass (each pass will be numbered and assigned only to you) will consist of a temporary University parking pass that hangs from your rear view mirror (only when needed) as well as an orange and black laminated Visitor Pass that you can tape to your rear window permanently. You can either stop into the office to obtain these passes, or call 273-7666 and we will send them home with your child. There is no cost for these passes.
- Please use these passes for short-term parking only. If you are planning to come to school for longer periods of time, you can request a visitor pass from the University Visitor's Center that will cover other parking lots and will allow you to park all day.
- Plan on using these short-term slots for times you actually are leaving your car and coming into school. **If you are staying with your car** and just dropping off or picking up your child, we ask that you park on Campus Street with your emergency flashers going. Officers will recognize the fact that you are picking up your children and will not ticket you.

Also, I would like to remind you about several pick-up procedures we implemented last spring to provide a safer environment for all our children.

- 1) Under **no circumstances** is double parking allowed when picking up children. This limits the vision of both children and drivers. It also encourages other parents to pass double-parked cars creating an even more dangerous situation for our young people.
- 2) If all parking places are filled, proceed to the south lot to find a parking spot or simply loop around. When leaving the south lot, please either turn south or proceed across Campus Street heading east to avoid adding more congestion to an already heavily congested area.
- 3) Do not pick up children in the northbound lane. This forces them to cross heavy traffic and will lead to a tragedy if the practice continues.
- 4) Keep the area on 19th Street between Campus Street and the first set of stairs going down to the school for buses and large child-care vans. If we can keep these large vehicles from entering Campus St. we will have far less congestion.
- 5) Always use your flashers when picking up your children and if a spot opens in front of you on the street, move forward so another car can pull in behind you.

Lastly, be patient and be courteous. We are all busy and we are all in a hurry, but when it comes to the safety of our children, we simply have to slow down. Adjust your schedule when possible to pick up after the big rush. We have staggered the dismissal times to alleviate some of the congestion but we will never eliminate it all until we have our own parking lot. If a teacher associate, or a parent volunteer asks you to do something or move somewhere, understand that they are doing it in the best interest of our children. If we continue to work together, Price Lab School will continue to grow into the safest and most caring environment to which you can send your children.

— Sincerely yours, John Krumbholz

PLS Online Newsletter

With more and more PLS families able to receive email and access the Internet, and in the interest of moving into electronic publishing, the PLS newsletter is now available on the Price Laboratory web site at www.pls.uni.edu. This month we have

mailed out a paper copy of the October newsletter as well as posted it on our web site. Upcoming issues of the PLS newsletter will be available exclusively online unless a paper copy is requested (Request forms are provided in this newsletter) For those of you who do not have, or use, the

Internet, be assured that we will continue to mail paper copies of the PLS newsletters to your homes.

This is how it will work. PLS families will be notified by email each month when the newsletter has been posted on the PLS web site. A link to the newsletter for that month will be included in the email message which will allow quick and convenient access. To place your email address on the PLS Parent mailserv list, please send an email message to Karen.Williams@uni.edu requesting that your email address be added to the PLS Parent mailserv list. If you would rather receive a paper copy, complete the enclosed form and

return it to Karen at school (Room 124).

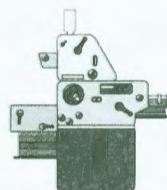
Publishing the PLS Newsletter electronically will conserve time, money and printing resources for Price Lab School. It will provide an updated publication format and

convenient access to all the PLS newsletters which can be viewed in color, and printed in color or black and white. The Communication Center is looking forward to exploring new electronic design, multimedia, and interactive techniques which will enhance our communication with parents and col-

leagues.

Parents and others are invited, as always, to submit articles, announcements, parenting tips, and kudos about their students to be included in the monthly issues of the PLS newsletter. In keeping with the current PLS web publishing policy, students' full names, photographs or individual work will not be published in the electronic newsletter without parent permission. This policy, along with the entire Internet Acceptable Use policy, is reviewed on an ongoing basis and revised based on recommendations from the Technology committee.

— "PLS families will be notified by email each month when the newsletter has been posted on our web site."



PLS Printing Services

In addition to production for the Lab School and University, the Communication Center accepts requests to print materials for educational organizations and some other governmental and non-profits organizations (excluding personal, civic-oriented, church-related, etc.). This service is also available to PLS parents, students and alumni for the printing of educational, non-profit materials.

Copyright Notice: If material is copyrighted, please list year of copyright and publisher's name on the front page of the work and supply letter of permission.

To submit an PLS electronic print request: Open the PLS web site at www.pls.uni.edu. Click on "Communication Center" and then on "print request." Complete the print request form, and follow instructions for submitting the electronic form and file(s) to the Communication Center. We can generally complete the print work order within 24 hours.

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For more information about our services, visit the Communication Center page on the PLS web site, or contact Lynn Dykstra at 273-2575. Thank you.

Surplus Supplies for Sale

The Communication Center has a surplus of the following supplies from the Area 6 supply order for sale. Please contact Lynn Dykstra if you are interested at 273-2575.

- 3" white, 3-ring, viewbinder notebooks, \$4.00 each
- 120 minute videotapes, \$2.25 each, 30 minute, \$2.00 each
- Poster Board (Colored 22X28") Case of 100 for \$30.00 (Can be mixed colors - 10 choices)
- Transparent (Invisible)Tape, 1/2 inch roll by 72 yd. 3" core, \$1.50 each

Health Office Reminder

Mid-day medications are not given on early dismissal days. Parents/Guardians can request a medication to be given on an early dismissal day by contacting the Health Office.

Help NU High School Earn Money with malls4schools



NU High School is one of 10 schools competing in College Square Mall's new community program that is focused on supporting local schools. The program, "malls4schools," kicked-off this August as students returned to school. This new program will award \$10,000 in prize money and valuable equipment to local schools. Schools will earn points or "votes." The school that has the most votes at the end of the program wins the top prize while all participating schools win something.

Shoppers are invited to "vote" for the school of their choice by allocat-

ing their mall store receipts. One dollar equals one vote. Shoppers allocate their College Square Mall store receipts between August 1 & December 31, 2000 at the "malls4schools" redemption center in the mall. Hy-Vee, Wal-Mart, Lenscrafters, Applebee's, Village Inn, Citgo and Blockbuster Video at College Square are also participating merchants.

Throughout the program, the mall will take the total number of votes for each school and divide it by the number of students at that school. This is being done to balance the playing field so that

small student bodies and large student bodies at all schools will have the same chance to win.

Show your school spirit by allocating your points to NU High School. Every dollar we earn will be used to purchase items students need. Each school will receive money for participating, but let's help our students by earning the largest cash prize. Thank you in advance for your support.

Don't miss the bus...start helping your school earn points today!

Fall Theatre Production *The Hollow*

There is a fine line between love and hate in the NU High Theatre fall production of Agatha Christie's *The Hollow*, where a group of friends and lovers have gathered for a peaceful weekend of rest and relaxation. However, things quickly begin to deteriorate with the arrival of cousin Edward Angkatell, and soon after, the unforeseen advent of film star Veronica only adds to the building tension in the home of Lady Angkatell and her husband Sir Henry Angkatell. Nothing is quite as it seems for the friends and family members who share the weekend at *The Hollow*. This becomes increasingly apparent when one of the group is murdered. Now, all relationships are suspect and everyone's motives must be analyzed carefully.

Production dates for *The Hollow* are Friday and Saturday, November 10 and 11 at 7:30 p.m. in Butzier Auditorium at Malcolm Price Laboratory School. Tickets may be purchased in advance and will go on sale beginning October 31 in the Language Arts office (PLS 220) or by phone at 273-6047. There is no reserved seating. The cost is \$4.00 for adults and \$3.50 for students and senior citizens. — *Sean Robinson*

The cast for *The Hollow* is as follows:

Henrietta Angkatell	Mary Weber	Gerda Cristow	Katy Lyman
Sir Henry Angkatell	Steve Shelton	John Cristow	Ben Oleson
Lady Lucy Angkatell	Liz Schachterle	Inspector Calquhoun	Erik Smiley
Judge Harvey	Aubrey Huber	Sergeant Penny	John Paar
Gudgeon	Brian Perry	Edward Angkatell	Lewis Colburn
Doris	Katy Huber	Veronica	Sami Renfro

KUDOS

Dr. Lyn Countryman Receives Presidential Award

Dr. Lyn Countryman was recently awarded the Presidential Award for Excellence in Science Teaching. This special recognition is given each year to the top two science teachers in each state and is considered to be the most prestigious science teaching award in the nation.

In addition to recognition from President Clinton and Governor Vilsak, Lyn received a cash award, to be used to enhance science instruction at Price Laboratory School. Congratulations to Lyn! We are truly fortunate to have a teacher of her caliber here at PLS.



PLS Modern Languages

French — Bienvenue

We are pleased to welcome two French students to NU High for the fall semester. Eurydice Magneron and Aurelie LaFaurie come to us from east of Paris, near Disneyland. They are part of an exchange which allowed Jason Brasch and Christopher Hardy to travel to France during these four months. Eurydice and Aurelie are hosted by the Brasch and Hardy families. Jason and Christopher are staying in France with the families of Eurydice and Aurelie. Aurelie and Eurydice attend Martin Luther King High School in Bussy-St.-Georges. They have found some differences between NU and their home school in France, including the daily schedule which is the same everyday here, but changes from day to day there, the length of the school day (shorter here) and the fact that in France they go to school on Saturday mornings! Both of the students are happy to have the opportunity to come to the U.S. and have a common goal of improving their English skills while they are here. They were surprised by how big everything seems to be here in comparison with France including the cars, houses, buildings, and by the events and activities that are part of high school life. Aurelie feels that our school presents students with a real society in which they are important members.

Upon their return to France, Aurelie and Eurydice will be working hard to make up missed work at their home school and rejoin their classes for the rest of the school year.

Welcome! — *Mary Doyle, Modern Languages*

French Speaking Contest

On Saturday, May 6, sixteen NU High School French students traveled to Central College in Pella, to participate in the State of Iowa French speaking contest. These students were selected to compete based on their winning scores in the written contest held during the month of March.

The oral contest included a personal interview, recitation of a memorized literary selection and a group quiz bowl. All students were categorized according to the level of French being studied at their respective schools.

The following winners from NU were announced at the end of the day's competition. At Level 1A, Sameet Sangha won third place and Melanie DeVries, second place. Christopher Hardy received third place, Jason Brasch, second place and Peter Behroozi, first place, at Level IIA.

— *Lowell Hoefft, Modern Languages Chair*

NU Student Receives Language Scholarship

The two winners of the first Iowa Foreign Language Association scholarship were announced last spring by Dr. Patricia Colburn, President of the IFLA. A recipient who receives this scholarship must continue with the study of a foreign language started at the middle or high school level. One of the winners was Theresa Price, a four year French student and a 2000 graduate of NU High School. Theresa is using the scholarship to help further her study of French at Iowa State University in Ames.

— *Lowell Hoefft, Modern Languages Chair*

Russian

NUHS Welcomes Second Group from Smolensk

On September 27, a group of nine Russian high school students, along with their English teacher and school director, will arrive in Cedar Falls and visit NUHS for a three-week period. This is the second group from Smolensk School #8 to visit NUHS, and both schools have enjoyed a successful partnership on the Secondary Schools Excellence Program (SSEP) since its inception in 1998.

The Smolensk group is led by English teacher and program coordinator Irina Zhukova, as well as their school's director, Liliya Kulikova. Ms. Zhukova has been responsible for running an especially well-organized hosting experience—twice!—for our NUHS Russian language students. During their stay here, Smolensk students will have daily lessons in American history from Lee Weber, and English language from Jim Sweigert. They will also attend other NUHS classes, and will have numerous local and regional excursions.

Our friends from Smolensk will be staying with the students whom they hosted this past spring: Janelle Doddema, Carlin Dorris, Alex Dow, Justin Hahn, Erin McElligatt, Brian Perry, Michael Piehl, Rebecca Rewoldt and Kelsey Schmidt. These NU students are excited about the prospect of 'returning the favor' to our friends from Smolensk, and have a variety of activities planned for them during their stay.

The SSEP is an exchange between 20 U.S. schools and 20 schools in the countries of the newly independent states of the former Soviet Union. Sponsored by the American Council of Teachers of Russian (ACTR), this exchange program is the only one of its kind offered to participating countries.

National Russian Essay Contest

This serves as a reminder to NUHS students enrolled in Russian II-IV: November 13-17 is the week slated for the National Russian Essay Contest. Students who enroll in this contest write a topic-based essay during a two-hour time period, and submit their essay for entry into a national competition. Since 1997 over 60 NUHS students have taken part in this annual contest, with 43 of them earning recognition as national medalists. The essay contest, like our exchange program and Olympiada, is sponsored by ACTR.

Did you know that...

...NUHS is being honored for its commitment to Russian language education? This past spring NUHS was granted charter as the Delta Omicron chapter in the SLAVA National Slavic Honor Society, which recognizes excellence in Russian and other Slavic languages. NUHS was chosen for its commitment to the learning of Russian, participation and success in national and state contests, and ongoing leadership as one of the most active exchange sites for Russo-American high school exchanges. With this distinction NUHS joins approximately 40 other U.S. high schools previously honored with SLAVA membership.

— *Jim Sweigert, Modern Languages*

September Citizenship Assembly

Fifth Graders Modeling Behavior



Fifth grade students show respect for each other, their school and their flag during the September Citizenship assembly.

Mrs. Heitzman's fifth grade drama class are model students! As you can see in the pictures, students modeled assembly and pledge of allegiance manners during September's Citizenship Assembly. The pictures were part of a project drama students shared with Mrs. Struck. When asked by Mrs. Struck to assist her in teaching other students a code of behavior for assemblies, the fifth graders planned two categories of group "sculptures" scenes. One category represented kids from "The Wrong Way School." These dramatized scenes were then contrasted with scenes showing Price Laboratory School students respecting each other, their school and their flag.

— Barbara Heitzman, Creative Drama

Thank you Mentor Families -

I would like to give a special thanks to all the families that volunteered to serve as mentor families this year and to the new families who attended our August Mentor Family Night. The evening was a big success. Also thanks to Julie Creeden for helping identify and pair up mentor families.

— Jody Stone, Science

UNI Student Employees

We are very fortunate to have several UNI students employed at Price Laboratory School. They are here through the UNI Work Study and Student Assistant program. We usually have between 60 and 100 students employed each academic year. They are located throughout the building in the offices, library, Communication Center, cafeteria, athletics department and directly assisting instructors in their classrooms. We try to place them in areas associated with their major. Most students are funded to work an average of 12-15 hours per week. Their assistance is essential to the completion of daily tasks and projects at PLS and are much appreciated by PLS faculty/staff. Therefore, if you encounter an unfamiliar face or an unfamiliar voice on the phone, it most likely will be one of "our" UNI students. They are an important part of our staff!

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